

2020 Practice Schedule

(subject to change)



Dewing Park Swim Team

Home of the Seahorses

| SPRING PRACTICE Monday – Thursday Schedule April 7 – May 29 | | SPRING PRACTICE April Friday Schedule April 7 – April 24 | |
|---|-------------|--|-------------|
| AGE GROUP | TIME | AGE GROUP | TIME |
| 9 – 10 | 3:30 – 4:15 | 6 & Under | 4:15 – 4:45 |
| 6 & Under | 4:15 – 4:45 | 7 – 8 | 4:45 – 5:15 |
| 7 – 8 | 4:45 – 5:30 | 9 – 10 | 5:15 – 6:00 |
| 11 – 12 | 5:30 – 6:30 | 11 & Up | 6:00 – 7:00 |
| 13 & Up | 6:30 – 7:30 | <i>Practices revert to "regular" schedule in May.</i> | |

| SUMMER PRACTICE June 1 – July 24 Monday - Friday | |
|--|---------------|
| AGE GROUP | TIME |
| 13 & Up | 8:00 – 9:15 |
| 11/12 | 9:15 – 10:30 |
| 9/10 | 10:30 – 11:30 |
| 7/8 | 11:30 – 12:15 |
| 6 & Under | 12:15 – 12:45 |
| Sea Ponies (Session 1) | 12:45 – 1:05 |
| Sea Ponies (Session 2) | 1:10 – 1:30 |

Sea Ponies practice M/T/Th/F

Practice schedules are preliminary and subject to change at the Management Committee's or coaches' discretion. It is expected that a swimmer will practice in their proper age group; however, exceptions can be made with approval of the Management Committee and coaches.

Spring Practice starts Tuesday, April 7th and is open to all swimmers, however, please be aware that coaching staff will be limited and swimmers should be comfortable in the water; please reach out to the coach liaison if you have any questions. There is no additional fee as we've done in the past with Spring Clinic.

Practice schedules may change during the weeks of City Meet and Conference; additional practices will be added for those attending County.

Ages are determined by the swimmer's age as of June 15th.

Swimmers under 10 years old must be supervised by someone 13 years or older during practice. If you must leave your child during practice, make sure your child knows who is responsible for them. The responsible supervisor must not be participating in a practice themselves.